

WHAT IS CLAIMED IS:

1. A disk kind identifying method that identifies a DVD-RW or a DVD+RW, comprising steps of:
 - (a) detecting a wobble signal recorded on a recording surface of a disk;
 - 5 (b) determining whether a cycle of the detected wobble signal is 186 times or 32 times as long as a data cycle; and
 - (c) identifying, when the cycle of the wobble signal is 186 times, a kind of said disk as the DVD-RW and, when the cycle of the wobble signal is 32 times, the kind of said disk as the DVD+RW.
- 10 2. A disk apparatus which identifies a DVD-RW or a DVD+RW and executes recording and reproducing depending upon a kind of an identified disk, comprising:
 - a detector for detecting a wobble signal recorded on a recording surface of said disk;
 - 15 a determiner for determining whether a cycle of the wobble signal detected by said detector is 186 times or 32 times as long as a data cycle, and
 - an identifier for identifying, when the cycle of the wobble signal is 186 times, the kind of said disk as the DVD-RW and, when the cycle of the wobble signal is 32 times, the kind of said disk as the DVD+RW.